

## Feeling Anxious or Stressed?



- **FREE LiveHealth Online:** Provides telehealth visits with a therapist, psychologist, or psychiatrist — it's easy to use, private, and in most cases you can see a therapist within four days or less
  - Go to [LiveHealthOnline.com](https://LiveHealthOnline.com) to get started
  - Enter your Anthem/KEHP Medical ID and your visit is FREE
  - For questions, call 888-548-3432
- No out-of-pocket costs to see a telehealth provider for physical or behavioral health. This is in addition to LiveHealth Online, and is for a period of 90 days, starting March 17.
- Take a deep breath with **myStrength** — your FREE go-to for custom well-being and positive inspiration.
  - Visit [anthem.com/mystrengthky](https://anthem.com/mystrengthky)
- FREE well-being tools and resources through StayWell at [KEHPLivingWell.com](https://KEHPLivingWell.com):
  - **E-learning modules:** Learn about stress management, sleep, financial well-being, and more in the **Resources** section.
- FREE Meditation app: Search for "Provata VR" in the App Store or on Google Play.